

# Fruit and Yogurt Breakfast Shake

**Makes:** 2 servings

Shake up your day with this quick and easy breakfast. Make this recipe with any of your favorite fruits, especially when they are in season!

## Ingredients

- 1 banana (medium, very ripe, peeled)
- 3/4 cup** pineapple juice
- 1/2 cup** yogurt, low-fat vanilla
- 1/2 cup** strawberries (remove stems and rinse)

## Directions



1. Blend banana with pineapple juice, yogurt and strawberries in a blender.
2. Blend until smooth.
3. Divide shake between 2 glasses and serve immediately.

University of Illinois, Extension Service, Recipes to Grow On

### Nutrition Information

Nutrients	Amount
<b>Calories</b>	<b>166</b>
<b>Total Fat</b>	<b>1 g</b>
Saturated Fat	1 g
Cholesterol	3 mg
<b>Sodium</b>	<b>43 mg</b>
<b>Total Carbohydrate</b>	<b>37 g</b>
Dietary Fiber	2 g
Total Sugars	27 g
Added Sugars included	5 g
<b>Protein</b>	<b>4 g</b>
Vitamin D	0 IU
Calcium	126 mg
Iron	1 mg
Potassium	522 mg
N/A - data is not available	

### MyPlate Food Groups

	Fruits	1 cup
	Dairy	1/4 cup